

Convenient Climatarian Practices



AVOID SINGLE USE PLASTICS

- Carry a thermos for coffee and bottle for water
- Refuse plastic cups, lids, and/or straws
- Bring Tupperware to restaurants for leftovers

RE-EVALUATE YOUR DIET

- Experiment with Meatless Mondays
- Phase out animal products and consume more plant-based proteins like nuts, beans, and tofu

REDUCE FOOD WASTE

- Repurpose leftovers
- Store produce properly to increase shelf life
- Freeze ripe fruit for smoothies and other recipes

SPREAD THE WORD!

- Encourage your friends, family, and colleagues to adapt their habits
- Propose workplace and household challenges to reward green practices

Tell us about your goals and progress towards a climatarian lifestyle!